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Bangalore Mirror

TEMP Max 29 | Min 21 | Humidity 60% Partly Cloudy Sensex 63,384 | Nifty 18,826 | Gold 59,374 | Silver 72,724 | Dollar 81.91 | Euro 89.82 | GBP 105.04

Time to strengthen, streamline extended producer responsibility for ensuring proper recycling and disposal of batteries used in Electric Vehicles is now, say experts

ENIGMA OF THE USED BATTERY

Bright spot: Almost all the parts of lithium-ion batteries can be recycled and reused

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Experts point out that by 2030, the electric vehicle (EV) industry will generate 125 GWh (gigawatt hours) of EV batteries -- which also means that much volume of battery to recycle. The currently booming EV industry it poses grave recycling challenges within a few years, they say.

Vehicle users are largely making the shift to EVs despite their premium pricing due to their low cost of operation. Internal combustion engine (ICE) vehicles have become less desirable, owing to their consumption of fossil fuels like diesel and petrol, with increased average daily consumption. Despite the high adoption of EVs, especially in the 2-wheeler segment, these vehicles will outlast their batteries and would require at least one battery change. Experts note that this practice will pose a great recycling challenge and there is a need to strengthen and

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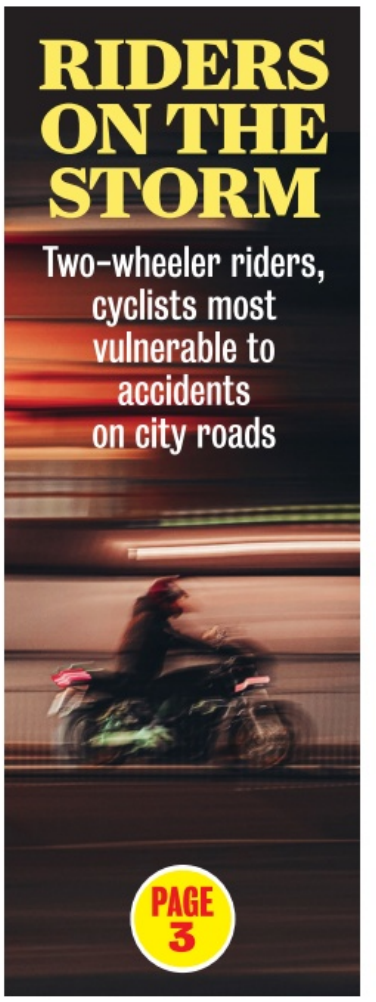

3 THINGS TO DO

01 Handmade with love

The Busy Fingers pop-up is bringing the best handwork expertise to focus on native art and craft practices. Don't miss to attend this unique event where each product is truly one-of-a-kind and a labour of love. Explore sustainable soft toys, smocked dresses, hand embroidered clothing, knitted accessories, homemade pickle, natural dye textiles, sterling silver jewellery, and more.
Where: Raintree, Sankey Road, opposite ITC Windsor
When: June 23 and 24; 10:30 am–7 pm

02 Rock fusion

India's one of the most popular and loved bands, Indian Ocean is going to launch its latest album 'Tu Hai'. The album embraces the influence that our beloved band had on Indian music. This tour is all intertwined with the best Indian fusion rock music.
Where: Phoenix Marketcity, Whitefield
When: Friday, June 30; 7:30 pm

03 Peter Pan calling...

Here's a chance for 3 years and above to watch one of the most loved productions, Peter Pan: The Musical Play. This children's play by the Bangalore Schoolof Speech has been directed by Dr Zulfia Shaikh and written by JM Barrie. The play will lead you to a magical land of the boy who is on his extraordinary adventures.
Where: St John's Auditorium
When: June 23 and 24

No stopping a champ

Para-athlete from Banashankari who secured second rank in Asian Para Tenpin Bowling shares his experience; believes success is all about elevating oneself

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Difficulties are necessary to enjoy success. However, para-athlete Venugopala had to face innumerable of them to reach the pinnacle of being ranked second in Asian Para Tenpin Bowling. Hailing from Banashankari, he was diagnosed with a rare form of cancer at the age of 40. The difficulties multiplied with the infection and gangrene affecting his right leg. Eventually, he went on to embrace 10-metre shooting and tenpin bowling.

Venugopala's athletic prowess is spread across other sports like shot put and discus throwing.

Enumerating his challenges, he said, "When I was finished with the rehab for the amputation, I had no clue how my life would be. I had suicidal symptoms and did not want to be a dead vegetable. That was the trauma I was going through. The devotion for the sport kept me going through all of this."

He was put through to the sports body, where he started gaining momentum in his sports career.

Representing India in the 2018 Asian Para Games for tenpin bowling is something he will cherish for the rest of his life. He added, "Wearing the Indian jersey and being with the top athletes is a privilege for any athlete. I got the opportunity within a span of 1-2 years, and my friends said I was really lucky as they had to wait for 8–10 years for the same. It was a cherishing moment for me."

He explained that practising for disabled people comes with its own set of challenges. "I come under the CP8 category, which is for wheel-chair-bound athletes. It is totally different, as people who are standing and bowling have great momentum, line, and length. For a wheelchair-bound person, holding a 16-pound bowling ball and trying to bowl accurately is tough as the wheelchair shakes. It is not in the right grip. With every chance we have to bring the wheelchair back. I had to customise and adapt to the process," he said.

He added that he has witnessed people across the world and within India, especially in the wheelchair bowling category, having to be muscular and very agile.

"We don't get sports equipment very easily in India. I travelled to Malaysia, Singapore, the Philippines, and Bangkok as well to get these. I saw the game and learned by watching in these bowling alleys while the competitions were happening. I also took part in some of these events," he informed.

Venugopala (in Indian jersey) represented India in the 2018 Asian Para Games for tenpin bowling

Venugopala travelled extensively, as he went to Singapore after the Asian Games. He did not know he was ranked fourth and missed the medal by a few points. He realised that he had performed well in comparison to sportspeople from countries where bowling is their national game. "Success is not about crushing them but is mainly about raising yourself from what you are," he stressed.

Apart from all this, he also engages in community service. "I take immense pride in being the CSR head at the IT firm I work at. Two weeks ago, we renovated and rebuilt a school in Kanakapura district, spending Rs 15 lakh. I believe in transformation, even though I might not be physically fit," he said.

His tough athletic journey was aided by the support of his family and friends. "They have been an immense support. When I was in the ICU, all my friends pooled their money. They covered almost 80% of my medical expenses," he further added.

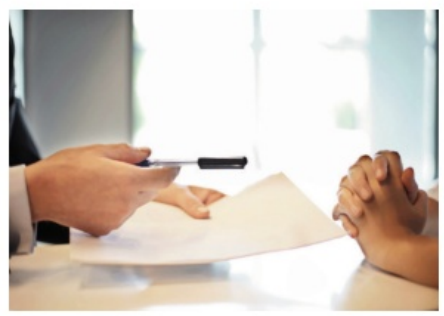
Dive into a sea of possibilities

Students who aspire to pursue higher education are eagerly anticipating this weekend as Vijay Karnataka, a sister concern of Bangalore Mirror, is organising its flagship education programme, the VK Education Fair, on June 24 and 25. The programme aims to provide a platform for students and parents to interact with educationists from various colleges.

This opportunity allows students to choose the course of their choice and gain comprehensive knowledge about their future campus life. Educationists and college administration are currently preparing the content they wish to provide to the students.

A college student expressed, "The PU exams are crucial in a student's career as they must now decide which path to choose, as each course they select will undoubtedly shape their future. Therefore, we require a lot of guidance in making these choices. We are delighted that VK is offering us this platform where we can directly meet college administration and officials, enabling us to obtain firsthand information about whether or not we should pursue a particular course."

VK ವಿಜಯಕರ್ನಾಟಕ FAIR
2023
A PREMIER EDUCATIONAL EVENT
24th & 25th June 2023
Jnana Jyothi Auditorium, Central College Campus, Bangalore



Mahadev R, a parent, stated, "Higher education also entails a higher investment, so we must plan it wisely. In a way, it is an irreversible decision for students, which is why we need to do thorough research before selecting the right college and course. I am truly grateful to VK for organising this education fair, which will undoubtedly provide us with the right direction."

VK Education Fair
Dates to remember: June 24 and 25
Venue: Jnana Jyoti Auditorium, Central College
Time: 9.30 am to 5.30 pm
For more details, contact: 9916079232
For registration, please use the following QR code.

The fair will take place at the Jnana Jyoti auditorium on the Central College campus, easily accessible by buses or the Metro. There will be ample parking space available for those planning to visit the fair. Furthermore, entry to the fair is completely free, making it accessible to all aspiring students and parents.

-Prakash VL

Bikers, cyclists most vulnerable

44.1% of accident victims were 2-wheeler riders; 31.9% were cyclists

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File photo of a drive by traffic police to spread awareness on importance of wearing helmets

Are two-wheelers a safe mode of commute? Not so, if you go by statistics. Among accident victims in 2022, 44.1% were bike riders and 31.9% cyclists. The accident data further emphasises on the importance of wearing helmets. Approximately 72% of accident victims have died due to head injuries.

Some gruesome accidents have resulted in 4.7% of cases involving severed limbs, while 4.2% of cases have caused injuries all over the body.

Hit and run cases are particularly challenging to detect. Interestingly, police statistics show that forensic CCTVs have played a vital role. Out of 183 hit and run cases reported in 2022, 100 were solved with support from the Forensic Science Laboratory (FSL), while 57 were resolved using clues from eye-witnesses, and 22 identified using CCTV footage.

Notably, 48.6% of hit and run cases were detected within 24 hours, 26.7% after two days, 22.4% within a week, and only one case was solved after three months. Most hit and run cases occur during midnight. Approximately 19.8% of cases occurred between 12 and 6 am and 17.2% occurred between 9 pm and 12 am. Police state that after accidents, the culprits often try to escape during the night without providing aid to the victims or rushing them to hospitals. Around 59% of these hit and run cases have occurred on main roads.

“Nearly 80% of accidents can be prevented by taking simple precautions such as wearing a helmet, wearing a seatbelt, avoiding speeding, and strictly following lane discipline

Among the overall accidents, the majority have resulted from collisions with pedestrians (42.6%), while 27.7% have occurred due to vehicles hitting from the rear end. Compared to 2021, there has been a reduction in cases of speeding (by 1.1%) but an increase in reckless driving by 1.46 times more. However, there has been a six-fold increase in drunken driving cases in 2022 compared to 2021.

This increase can be attributed to the police halting checking for drink driving cases for a significant period of time due to covid concerns. Surprisingly, there has been a noticeable decrease in cases against autos without display cards. Furthermore, there has been a significant increase (2.4 times) in driving without a licence in 2022 compared to 2021.

Police said that Bengaluru city was one of the fastest-growing metropolitan cities in the world. “The exponential growth of vehicular traffic has led to traffic congestion and increased travel time. Moreover, the number of road traffic accidents has also risen. It is worth noting that the vehicular population, which was only 1.7 lakh in 1985, reached 1.09 crore by the end of 2022.

However, the road infrastructure has not developed proportionately to accommodate this growth in vehicles. Therefore, road accidents not only adversely affect individuals socially and economically but also have a significant impact on the overall development of the nation.

“Nearly 80% of accidents can be prevented by taking simple precautions such as wearing a helmet, wearing a seatbelt, avoiding speeding, and following lane discipline,” said a police official.

12 injured in shuttle bus accident at airport

Travelling within the BIAL campus was considered safe until Sunday when 12 people were injured in an accident involving a passenger shuttle bus at Bengaluru airport. The driver of the bus is said to have lost control and collided the bus into a pillar at the Kempegowda International Airport at 5:15 am. The shuttle had 15 passengers, including a toddler, and two crew members on board. Immediately after the accident, all injured individuals were swiftly transported to a nearby hospital for treatment. Officials have reported that five patients have already been discharged.

An official statement regarding the incident was provided: “On June 18, at around 5:15 am, a shuttle bus running between T1 and T2 of BLR Airport struck a pole close to the T2 Arrival exit lane, injuring 10 persons. Onboard the bus were a total of 17 people - 15 passengers and 2 employees. The injured were brought to a hospital for prompt medical care.”

AI STATS, the operator responsible for airport shuttle services under the service agreement with BIAL, has expressed their commitment to taking all necessary action to address the issue. They are working collaboratively with the operator to conduct a thorough investigation.

The Kempegowda Police have filed a case, and sources suggest the driver may have fallen asleep, leading to the accident. A statement by Aster CMI hospital said , “Six out of 12 injured individuals, including a two-year-old child, required further medical intervention due to the nature of their injuries.” —BMB

Traffic antics for social media may land you in jail

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If you think it is cool to post a traffic violation on social media, don’t be surprised if you have to cool your heels behind bars. City traffic police are scanning social media to identify habitual traffic offenders. The Bengaluru south traffic police recently arrested youngsters for doing wheelies and rash driving.

According to DCP traffic south, in the last couple of months, certain areas like 5th Main Road, Chamrajpet, 7th Cross Road, Hanumanthnagar, JP Nagar Underpass, Ilyas Nagar, KS Layout Ring Road, were identified as hotspots for wheeleing. Many of the youngsters would take videos to post it on their social media accounts, making it easy for the police to trace them.

As of now, 26 accused have been caught. Of these, 21 are above 18 years of age and five are minors.

“We were following them on social media on Instagram and Facebook, and they tend to have many followers, so we got to know where these stunts are happening and when it is likely to happen. To prevent wheeling and rash driving, police personnels are deployed in these areas, and barricades are placed on the roads and cases are registered against those doing this. After checking the social media accounts used by the accused, the wheeling videos in the accounts were checked and the vehicle and vehicle users who were caught violating the rules were found and the cases were registered,” said Sujeetha Salman, Bengaluru South DCP for Traffic.

She added that initially efforts were made to prevent wheeling cases by deploying uniformed personnel at the locations. However, seeing the presence of the personnel, they riders would scoot.

“Sometimes police personnel suffer minor injuries while trying to catch the accused. It is risky for the police as well as the riders,” she said.

The DCP added that the police have not caught any repeat offenders as of now but are in the process of identifying them.

“We fine the first-time offenders, but if there are repeat offenders, we book them under Section 107 of CrPC. After the conviction of the accused in the court, steps are taken to cancel the registration of the vehicles and the driving licence of the accused,” she said.

The police say that the offenders are mostly in the age group of 16 to 25 years. “The minors don’t have a licence, so our next step is to figure out who the licence holder is and then book the cases against owners who have given the vehicle to the minors,” added Sujeetha.

Early birds only lose out on sleep

Gruha Jyoti applicants struggle to access link as server crashes

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The registration for the Gruha Jyoti scheme commenced on Sunday, but as the day progressed, numerous individuals encountered difficulties due to a server crash. Chetan R, a resident of Bhuvaneswari Nagar, said, "I woke up at 5 am on Sunday, anticipating the server crash and wanting to be one of the first to register for the scheme. However, when I logged into the Seva Sindhu portal, I couldn't find the link. Later, I came across a poster released by the energy department with a QR code. Scanning the code led me to a webpage listing all five guarantee schemes, but unfortunately, the hyperlink was dysfunctional." Despite multiple attempts, he couldn't access the Gruha Jyoti registration. Eventually, he received a separate link on WhatsApp. "Clicking on the link opened the app page, and as a homeowner, I only needed to register my BESCOM account ID and Aadhaar number, after which the data was retrieved. Upon entering the OTP, I received an online acknowledgement for registering on Seva Sindhu. Then the link stopped working. Despite multiple attempts, I couldn't log in," he added.

Chandan Gowda, a techie, said that he received the link from friends around 10 am, but couldn't login because of the server crash. "I assume that many others who have been waiting for a long time must have tried to register simultaneously. Hopefully, we will be able to register in the coming days," he said. Rajesh TM, another techie, said he suspected that the server could crash due to heavy traffic, which is why he registered on the Seva Sindhu portal with all the necessary documents a week ago. On Sunday morning, when his friend sent him a link, he was initially skeptical. "Logging in was quite easy, and I completed the process within a few minutes. However, the link has not been working since then, continuously asking for login credentials," he reported.

A BESCOM official stated that counters have been opened at the sub-division office, where applications can be submitted. The official mentioned, "We have made all preparations to receive applications and set up dedicated counters for submission. Beneficiaries need to bring their electricity bills as we require the RR (meter) number and Account ID. Aadhaar card number is also necessary. Beneficiaries must bring the mobile phone registered in their Aadhaar card, as an OTP will be generated. Alternatively, those who prefer to apply online can do so easily by linking their Account ID and Aadhaar card. The counters at the BESCOM office will be open until 5.30 pm."

Meanwhile, cyber experts have asked people to be cautious when receiving links on their mobile phones. An expert warned that many individuals are receiving links on their mobile phone, and in the past, there have been complaints about individuals receiving messages regarding power disconnection which turned out to be scams.

According to officials, a total of 55,000 applications have been filed for Gruha Jyoti across the state, including 1,654 in Benglauru (till 6.15 pm).

The most applications were filed from Davanagere (3,312) while the least was from Gadag (334).

Cyber experts have asked people to be cautious when receiving links

> **I woke up at 5 am on Sunday, wanting to be one of the first to register for the scheme. When I logged into the Seva Sindhu portal, I couldn't find the link**
>
> –Chetan R,
> resident of Bhuvaneswari Nagar

How to register

- Register on: https://sevasindhugs.karnataka.gov.in (from Mobile/Computer/Laptop) or at Bengaluru One/Karnataka One/Grama One Centres/Grama Panchayat/Nadakacheri or at any electricity office.
- Required information: Aadhaar number, Consumer Account ID (available on Electricity Bill), and Mobile number.
- For more information, contact any electricity office or call the 24x7 helpline 1912, or visit the website https://energy.karnataka.gov.in.

Eighth fish kill! What's going on?

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The rejuvenation of Doddakallasandra Lake in August 2021, a water body known for its rich biodiversity, has been overshadowed by water quality challenges and inadequate maintenance. On Sunday, regular walkers observed dead fish inside the lake. This is the eighth fish kill reported this year.

While environmentalists and residents had previously warned about the deteriorating condition of the lake, their concerns were not heard.

According to ActionAid Biodiversity Report 2019, evidence has been documented for 343 trees of 43 species, 42 species of butterflies, 11 migratory bird species that visited the lake, and currently, 111 bird species are visiting the lake. Painted Stork, Black-headed Ibis, and Oriental Darter, which are Near Threatened (NT) Bird Species, are found at the lake.

Recent water quality analyses conducted by the Karnataka State Pollution Control Board (KSPCB) during February and March have indicated a significant increase in total coliform bacteria, exceeding the maximum allowable limits by six to nine times. Total coliform bacteria include fecal coliform, an indicator of sewage contamination.

Raghavendra B Pachhapur, Senior Lead Projects at ActionAid Association, said, "The deterioration in water quality can be attributed to several factors. First, the lake experienced two incidents of BWSSB UGD channel pipe breakage in the last three months, resulting in sewage mixing with the lake waters. Second, maintenance by the Bruhat Bengaluru Mahanagara Palike (BBMP) has fallen short, as harvested plants have been left on the bunds for an extended period despite repeated requests for removal. The decaying biomass consumes oxygen in the water, leading to a decrease in dissolved oxygen levels. Additionally, blockages in the sewage diversion channel, which have not been adequately addressed for the past three years, have allowed sewage to enter the lake intermittently."

Raghvendra further added that only superficial cleaning of walkways and some grass cutting is done in the name of maintenance. However, it is not taken seriously by either the contractor or the BBMP engineers. "With zero monsoon preparations and delays in attending to blockages with the sewage diversion channel, BBMP should take responsibility for the fishkill at Doddakallasandra Lake," he said.

Soundararajan, a member of the Doddakallasandra Lake Protection Committee, said, "In the last 15 days, due to the heat in the afternoons, the oxygen level has reduced and could have caused the fish to die. Another factor is the sewage inflow inside the lake. We have complained about this issue multiple times. Near the Soudhamani kalyana mantapa road, the sewage line gets blocked frequently, and the pipe bursts, causing sewage overflow. The sewage then directly enters the lake. Additionally, the fish contractor has removed all the weeds for easy fishing and placed them on the lake bed. This can get inside the lake."

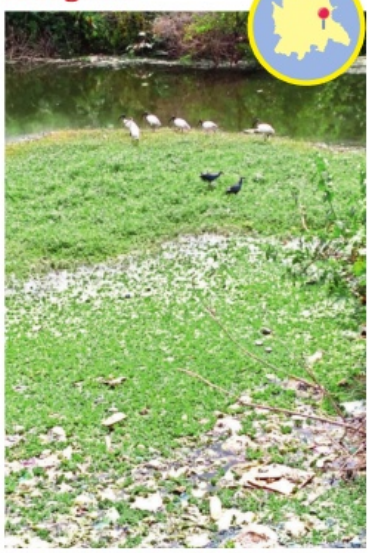
Lake activists and concerned residents added that the KSPCB needs to start issuing notices to the concerned authorities responsible for the deterioration in water quality.

Dead fish were spotted floating on Doddakallasandra Lake

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Alarming dumping
Kithiganur

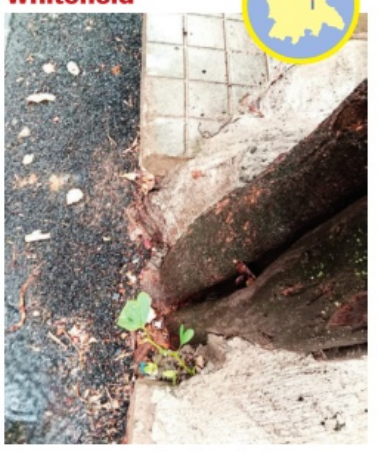


Kithaganur lake is full of garbage and has not been cleaned for more than seven years. Nearby shops are dumping waste products into the lake.

What a waste
Nehru Main Road

Construction waste has been lying on Nehru Main Road for the past four months.

Clogged!
Whitefield



There is no water flow to the trees or drains in Whitefield. The area is completely clogged and needs urgent intervention.

One after other, lovers die by suicide

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Two lovers are said to have died by suicide after the woman's parents expressed objection to the relationship.

The incident took place in the Marathahalli police station limits. The woman, Dhara Samshuka, and man, Dipendra Kumar, were from West Bengal and used to be colleagues at a company. Later, they became good friends and lovers.

However, the woman's parents didn't approve of their relationship and wanted her to move to another city. Hearing this, Dipendra is said to have killed himself around five days ago.

When she heard the news of her boyfriend's suicide, the young woman jumped from a building under construction. When the police got information about this and investigated, it was found that the young woman had committed suicide due to love failure. Later, when the mobile of the young woman was checked, they saw photos of her with the young man who had died by suicide earlier.

CRIME FILES

Family objected to relationship; woman kills herself after she heard that man has died by suicide

Raid on MG road

Central division police conducted a raid on weekends on MG Road and Brigade Road, to put a stop to prostitution and drug abuse. Many people have been arrested on suspicion of being involved in the rackets. A total of 55 foreign nationals have been arrested, of whom more than 25 are women. After the arrests, the accused were subjected to medical and narcotic tests.

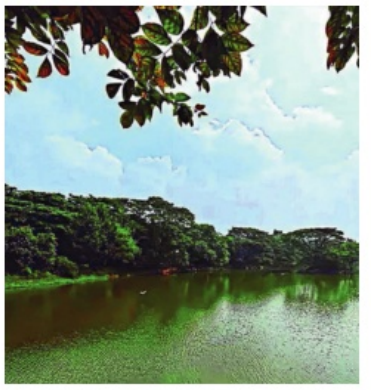
Fishing trip awry: 3 boys drown in lake

Three boys drowned in a lake while fishing in Vijayapura of Devanahalli taluk of Bengaluru Rural.

The boys were identified as Karthik, 16, Dhanush, 15, and Guruprasad, 6. The accident took place when the boys had gone to the lake after school on Saturday afternoon to fish.

When the kids did not return even late in the evening, the parents went to the lake and found their slippers and clothes on the bank of the lake. On learning about the incident, they called the fire brigade and informed them.

Fire brigade personnel and police had been conducting operations since Saturday evening. The body of a boy was found during the night. The bodies of the two boys are yet to be found.



A case has been registered under Vijayapura police station.

'Unscientific': Now, experts drub Gandhi Bazaar project

Residents, traders of area conduct meeting with experts, to submit concerns to BBMP, DULT, traffic police

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Locals are questioning the rationale behind slashing road width in Gandhi Bazaar

Dissatisfied with the pedestrian project by Bruhat Bengaluru Mahanagara Palike (BBMP) and Directorate of Urban Land Transport (DULT) at Gandhi Bazaar, residents and traders have started holding private consultations with experts to address the issues. Residents plan on submitting a report to BBMP, DULT and traffic police, highlighting the issues with the project.

For many years, residents of Gandhi Bazaar area have been protesting against the pedestrianisation project. Despite public opposition and concerns, BBMP and DULT have continued the project unabated. Residents recently held a private consultation with experts to understand the scientific aspects of the project.

A resident of the area, Guru Prasad, told BM that residents had approached private experts due to the apathy of officials. "We invited experts to look over the project and they conducted a physical inspection of the project and traffic interventions. Due to the project, there has been an increase in accidents and pollution. We don't understand the decision to reduce road width and build permanent structures on the footpath. Officials are violating the rules as per court order and IRC guidelines," he added.

Prasad added that the conclusions of the experts will be compiled and sent to BBMP, DULT and traffic police for re-review of the project.

Civil engineering expert MN Sreehari told BM after the meeting that several interventions taken up in the heritage area are unscientific. "Construction is taking place in the heritage centre of Gandhi Bazaar without consultation with the public. No work is happening as per standards and tender requirements. Work worth Rs 100 crore has been taken up without tenders. Giving undue preference to roadside vendors, road width is being reduced," said Sreehari.

"The width of the road near National College and a 9m road on the side is being reduced. Despite the heavy traffic, two-way roads are being changed to one-way. Gandhi Bazaar's main road is being converted to a pedestrianisation road. With so many commercial roads in the area, there is a rationale to close it. Bengaluru traffic is increasing daily and there are nearly 1.4 crore vehicles on the road. Commuters from Jayanagar and surrounding areas use it to reach West of Bengaluru," he added.

Experts say that there is a need for an alternate route and all the traffic cannot be forced into Gandhi Bazaar main road."GB road is being converted to one way for some period. Roads need to be widened, not narrowed down," he added.

Speaking about the parking issue in the area, he added that if the commercial value of the place is reduced, there is no purpose in providing a parking complex. "If vehicles are not being allowed inside commercial areas, what is the use of parking spaces? As per the proposal, only goods and vehicles will be permitted. The shortest route is being diverted for meeting logistics requirements while the people are being inconvenienced," he added.

> **"Work worth Rs 100 cr has been taken up without tenders. Giving preference to vendors, road width is being reduced** — MN Sreehari, expert

IN BRIEF

Remove restriction on protest venue, govt urged

A coalition of progressive and democratic groups and individuals has written to Chief Minister Siddaramaiah seeking a withdrawal of the order restricting public protests to Freedom Park. Since the previous state government passed the Licensing and Regulation of Protests, Demonstrations and Protest Marches (Bengaluru City) Order, 2021, it is illegal to protest anywhere else in the city.

Bahutva Karnataka's petition points out that the restrictive order has been strictly implemented by the police resulting in many cases being filed against several marginalised communities for engaging in their constitutional right to protest. "This includes workers for their traditional May Day rally, farmers protesting land acquisition in Devanahalli, Dalit activists seeking internal reservation, pourakarmikas protesting for their rights, and residents of Malleswaram for organising a walk on the Sankey flyover issue, LGBTQI community members who wanted to organise the traditional pride march etc," the petition says.

The petition highlighted that the order is in blatant violation of the fundamental right to freedom of speech and expression under Article 19(1)(a), and the right to peaceful assembly under Article 19(1)(c) of the Constitution. It also noted that the Supreme Court has recognised the right to protest as an essential feature of the democratic fabric under constitutional provisions. "When protests are restricted, and condemned to invisibility, it is a violation of the expressive and communicative aspect which is the very heart of the right. In a democracy, protests are a form of dialogue between affected citizens, and other concerned citizens as well as a way for affected citizens to ensure that their voice is heard," it says.

The petition also said that by relegating protests to Freedom Park, we eliminate possibilities for key public conversations. "This rule harms residents from the far-flung corners of the state who come to the capital city to make their voices heard." — Rachana Ramesh

Let the banner fly

India set to play against Pakistan in SAFF Championship on Wednesday; fans gear up with their ritual of banner making at Kanteerava Stadium

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India is slated to play Pakistan in the SAFF Championship on Wednesday at the Kanteerava Stadium. The West Block Blues, passionate football fans from the city, tend to bring in the noise and the electric atmosphere at the stadium. On Sunday, fans turned up for banner painting near the Kanteerava indoor stadium, a football ritual for many before the game. Before every football game in the city, they turn up to paint these huge banners in support of their team.

The banner is 3,500 sq ft in size and plays a significant role in making a mark among Indian fans. Banners of all types are made in football culture by the fans to support their teams.

Karan Prasad, a football fan, said, "The painting of banners started way back in 2013. Some of the biggest banners were created in Indian football. It was for India vs Guam in 2015 at the Kanteerava. The banner was 5,500 sq ft for this game. It was done at the Bangalore Football Stadium (BFS)."

The biggest banner had the words, 'The road is long, but the belief is everything'. A group of fans got together to make the first banner for the Bengaluru FC game.

Deepti N, another football fan, said, "It's really a great experience to know new people supporting Indian football. These activities encourage people to support Indian football. I come to support Bengaluru FC games, but it's my first Indian game. My dad used to support Ronaldo and Manchester United, and I asked him whether there was an Indian team. In 2014, I started supporting Bengaluru FC, which grew my interest in football".

On Sunday, fans turned up for banner painting near the Kanteerava indoor stadium

> **"I got in touch with the admins and joined the team. When players walk out, the first message they see is the banner. It's like motivation for the players**
>
> –Anand, a football fan

Furthermore, other fans said that painting banners adds a personal touch.

Anand, another fan, said, "I first came for a banner painting in 2017-18. A lot of clubs print banners. Printing banners is easy and saves a lot of time. But here in Bengaluru, we paint the banners with our hands. It adds a personal touch to these banners. Here, we are students and working professionals. From small kids to the elderly, together we build the community."

He explained that he saw the banners only in stadiums and learned how the banners were painted. He got in touch with the admins, and joined the team. It became a kind of pre-game ritual. It's one of the reasons for him to meet all football fans.

Further, he said that when players walk out, the first message they see is the banner. It's like motivation for the players.

Sagar Birkar, a first-timer at the banner painting, said, "This is my first time doing a big banner for the Indian football team. The process is collaborative and takes a lot of care to finish."

Guna, another regular at the banner paintings, said, "We have 4–10 people who sit together and try to match the picture and words. There is one person who does the design based on suggestions. We try to incorporate it into the banners. People are not very aware of this. But since the last 2-3 paintings, we are getting more people through social media awareness."

He added that it has changed the entire atmosphere in Indian football since the biggest banner in Asia was made for the India vs Guam game.

Surgeons to provide crucial aid

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Karnataka State Chapter of the Association of Surgeons of India (KSCASI) is planning to help patients from economically poor families as part of its golden jubilee celebrations this year. If all goes well, the KSCASI is contemplating doing 150 surgeries free of cost during the year.

"We have decided to do something for society, especially for the patients from economically weaker families. We performed surgeries for around 20 patients from poor families last year. Our target is 150 surgeries this year," said Dr Rajasekhar C Jakar, president of Surgical Society of Bangalore.

The patients would be identified during the health camps organised by the KSCASI.

"Surgeons who are members of the KSCASI will make arrangements to do surgeries for the patients at the hospitals where these doctors are working. The Surgical Society of Bangalore has around 1,500 members in the city," he added.

Moreover, the Surgical Society of Bangalore organised a 5-km walkathon for surgeons on Sunday morning. The walkathon began at St Martha's Hospital at 6.30 am and concluded at Freedom Park. More than 200 surgeons and medical staff participated in it.

A 5-km walkathon for surgeons held in city on Sunday

Emphasising the need for people to go for a walk every day, Dr Jakar said that a daily walk of three kilometres can prevent cancer and heart ailments. "Regular walking can help surgeons maintain their mental well-being and overall health," he explained.

Speaking on the occasion, Dr Shivaram, president of KSCASI, said the walkathon was aimed at creating awareness among the public about the surgeons working at various hospitals. "We want to tell the public as well as surgeons that physical fitness is a must for everyone and walking is the best physical exercise," he added.

Many programmes, including health camps, are to be held across the state throughout the year as part of the golden jubilee celebrations of the KSCASI. "We are planning to organise seminars for the benefit of surgeons," he informed.

Dr Manish Joshi, who participated in the walkathon, said that surgeons work hard in the operation theatres despite having personal issues. "We feel happy when the surgery is successful. I want all of you to walk for one hour every day to ensure physical fitness," added Dr Joshi.

Embracing the joy and thrill of biking

Motorcycle enthusiasts were buzzing with excitement as they gathered at Chamara Vajra Ground, Jayamahal, to celebrate World Motorcycle Day on Sunday. This annual event, dedicated to the love of motorcycles, brings together riders, manufacturers, and fans from around the world to honour the thrill, camaraderie, and adventurous spirit associated with these two-wheeled machines.

Started in 2012, World Motorcycle Day has seen a surge in popularity, attracting riders of all ages and backgrounds. Beyond showcasing the latest advancements in motorcycle technology, the event provides a platform for riders to network, share experiences, and promote road safety.

BIKERS' BUZZ
BM'S PLATFORM TO MAKE THE GOOD RIDES ROLL

The event brought together riders, manufacturers, and fans

"As one of the main organisers, Pulsar Fortune Club ranks among the top three," informed Shashank, Vice President of the Pulsar Fortune Club.

"We foster brotherhood, love, passion for riding, and the thrill of biking together as a group. That's why I joined the club. Pulsar started with only eight people and has now grown into a family of 270 members. My goal was to bring together people from diverse backgrounds with a shared passion for riding, providing them with community support, awareness, and fun," said Mithun, president of PFC.

The event featured off-roading, tug of war, a fashion show, award ceremonies, and various other activities. Leading motorcycle companies presented cutting-edge technologies and design advancements this year, redefining the riding experience. From electric motorcycles aimed at reducing environmental impact to enhanced safety features, the industry is committed to pushing boundaries and embracing a sustainable future.

Madhavi, representing women in biking, shared her journey of breaking barriers and how the club helped destigmatise it. "My husband is a strong support system for me. The longest solo drive I've undertaken was to Sakleshpur. Coming from a community where girls weren't allowed to step out, the clubs have helped me discover my identity as a potential biker," she said.

Promoting road safety awareness is one of the key focuses of World Motorcycle Day. The aim is to instill a sense of responsibility among riders and encourage them to prioritise safety without compromising on the excitement and joy of riding.

–Prithvi Prasad and Sinchana Thejasvi

Are you really over covid?

Rising cases of hip injuries/joint pain in recovered covid patients

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Although the number of covid cases and deaths have decreased significantly, there continue to be instances of patients presenting with post-covid issues. While the primary impact of the virus is on the respiratory system, it can also have secondary effects on different organs and systems, including the musculoskeletal system.

Health professionals are seeing recent cases of patients who have successfully recovered from the infection, coming in with post-covid issues related to the musculoskeletal system. These issues can manifest as muscle weakness, joint pain, fatigue, and difficulty with mobility.

According to Dr JV Srinivas, Lead Consultant - Orthopaedics & Joint Surgery at Aster RV Hospital, over seven out of ten patients are presenting to the outpatient department (OPD) with hip injuries among the 20-40 years age group. They had been diagnosed with covid and treated with steroids and antibiotics.

A 24-year-old was diagnosed with avascular necrosis (AVN). His right hip was in stage two, and the left side was in between stage two and three. Upon examining him, it was found that he was a recovered covid patient and had been given steroids, following which, after a few months, he developed AVN. For AVN treatment, he underwent decompression injection, following which he was successfully treated. His younger siblings had the same problem post covid.

"Patients experience bodily pains, sore muscles, and numerous joint pains as a result of post covid infections

– Dr Banarji BH, Sakra World Hospital

Dr Srinivas said, "Out of the two other siblings, one of them presented late and had to undergo a knee replacement surgery. The third sibling presented with both the femur damaged. The right hip was stage two, advancing towards three. The patient was treated with decompression injection and has now recovered."

Dr Banarji BH, Senior Consultant - Orthopedics at Sakra World Hospital, said, "Patients experience bodily pains, sore muscles, sore tendons, and numerous joint pains as a result of infection after covid. Patients with a history of covid-19 have been observed to experience generalised body aches more frequently, including back pain, shoulder pain, multiple joint pains, and certain conditions like avascular necrosis hip joint, in which the hip joint's ball suffers from a lack of blood supply and balls become necrotic and develop arthritis, necessitating eventual hip replacement surgery. The cause of this issue in the covid-recovered is that the infection is a prothrombotic condition, meaning that blood thickens and tends to clot. As a result, the bone suffers from blood clotting issues and develops necrosis, which worsens hip joints. This is called AVN hip joint. And in this, other bones can also be impacted, but for some reason, the hip is the main joint that is most frequently affected."

Talking about preventive measures, Dr Srinivas said, "We can start with a well-balanced nutrition diet, further taking adequate supplements of vitamin D and sunlight. Regular joint movements can cure the muscle problem."

This apart, the health professionals pointed out that those who had got covid vaccinations had complained of frequent shoulder pain. "One of the odd issues we have seen is that individuals who have received the jab frequently get shoulder pain. Inflammation brought on by the post-covid vaccines makes the shoulder joint stiff. Maintaining a healthy lifestyle, engaging in regular exercise, eating well, and doing gentle exercises like yoga and swimming are some of the greatest strategies to prevent musculoskeletal issues," said Dr Banarji.

'Dentists must educate patients'

Minister for Higher Education, Dr MC Sudhakar, has emphasised the need for dentists to create awareness among patients before performing basal implants on them. This is due to multiple implants being required and the process costing more money.

Speaking at the first Global Conference on Basal Implantology and second International Congress on Cortico-Basal Dental Implantology organised in Bengaluru, the Minister for Higher Education stated that patients today have easy access to the internet and information, making them more aware. He said, "They do their homework because the implants we are discussing today will be costly for them. The process of placing multiple implants involves significant expenses."

The Minister stressed the importance of dentists being cautious and educating patients before initiating treatment. He stated, "We need to deliver what we promise to our patients with utmost care. While things may seem attractive or financially beneficial, dentists are the ones who truly understand the level of effort and pain involved. With such advancements, I believe we need to enhance our standards during the graduation stage."

Dr. Ranganath V, President of the Karnataka State Dental Council, cautioned dentists about potential legal issues. He mentioned that many patients are filing complaints with the Consumer Grievance Redressal Forum against dentists. He said, "I have approached the Consumer Grievance Redressal Forum to refer such grievances to the Karnataka State Dental Council. I urge dentists to establish trust with their patients before performing implants. Wr must prevent legal complications."

During the event, three books authored by Chairman of the Organising Committee, Dr Veerendra Kumar SC, were released. Dr Jayakara SM, Vice Chancellor of Bangalore University, also addressed the gathering. **— Y Maheswara Reddy**

NOTES FROM THE FIELD

'Driving' force for promotions

The recently launched Shakti scheme has turned into a promotional tool for leaders of the ruling party. While some leaders simply participated in the inaugural program, a few went a step further. KGF MLA Roopkala Shashidhar and Minister for Mines, Geology, and Horticulture SS Mallikarjun took the initiative to launch the free KSRTC bus rides by actually driving the buses themselves. Both leaders were seen steering the buses for a certain distance in order to 'officially' inaugurate the scheme. This is not the first instance of politicians showing their inclination to drive heavy motor vehicles without possessing a valid license.

Everything's nine

The newly appointed state ministers have been provided with cars, and surprisingly, the registration numbers of these cars all add up to nine. Chief Minister Siddaramaiah has been assigned a 2019 model Fortuner car with the registration number 4545, which adds up to the magic number nine. Deputy Chief Minister DK Shivakumar, Infrastructure Minister MB Patil, and Housing Minister Zameer Ahmed Khan have been allocated Toyota Innova Hycross cars, and interestingly, the registration numbers of their cars also add up to nine. However, there are other ministers whose registration numbers do not add up to nine.

Blame game

The increase in electricity tariff has sparked a war of words between the Congress and BJP. While the ruling Congress claims that the previous BJP government was responsible for the hike, the saffron party alleges that they had rejected it. BJP leader CT Ravi said, "They are accusing us of raising power tariffs. Now, the current regime has increased the prices of liquor. So, tell me, are we responsible for the liquor price hike, or is it the Siddaramaiah government? How can we be solely blamed?"

'Can't speak for a friend'

A recent tweet by Housing Minister BZ Zameer Ahmed Khan has caused a stir, with opposition parties questioning why officials were present in a meeting where Congress General Secretary Randeep Singh Surjewala was also in attendance. However, when journalists questioned Agriculture Minister N Cheluvaraya Swamy about Khan's decision to post the photo on Twitter and subsequently delete it due to the backlash, Swamy claimed to be unaware of Khan's actions. When further asked about Khan being his closest friend who brought him to Congress from JD(S) and if he could shed some light on the controversy, Swamy said, "He may be my friend, but I am not accountable for his actions. Only Khan can provide an answer."

It's 50/50 in buses

The introduction of free bus rides for women has led to a significant increase in the number of women riders. Recently, KSRTC officials were surprised when a woman approached a reservation counter to book buses for all her friends. This incident prompted KSRTC officials to implement a policy of reserving 50 per cent of the seats for men on buses. They are concerned that with free travel, men may have difficulty finding a seat, especially on long journeys. Additionally, many pilgrimage destinations have experienced an unusual surge in visitors since the implementation of the free travel scheme.

—Sridhar Vivan

Vande Bharat trial run from today

The South Western Railways has decided to conduct a trial run of the Vande Bharat Express rake between Bengaluru and Dharwad (489 RKM) on Monday with a composition of eight coaches. The trial run will commence from KSR Bengaluru, travel up to Dharwad, and then return to KSR Bengaluru. The tentative timings for the trial run are as follows:

The train will depart from KSR Bengaluru station at 5.45 am, followed by a departure from Yeshwanthpur at 5.57 am, Davanagere at 10 am, and Huballi at 12.15 pm. The train is expected to reach Dharwad at 12.40 pm. In the return direction, the train will leave Dharwad at 1.15 pm, depart from Hubballi at 1.40 pm, Davanagere at 3.50 pm, Yeshwanthpur at 7.47 pm, and ultimately arrive at Bengaluru City station at 8.10 pm.

The train is likely to operate at an average speed of 70 kmph, completing the distance in approximately seven hours. Interestingly, the Jan Shatabdi Express, currently the fastest train on this route, also takes the same amount of time to travel between Bengaluru City and Hubballi.

The rakes have been procured from the Integral Coach Factory in Chennai. This will be the first intra-state Vande Bharat Express, as the initial inter-state Vande Bharat Express operates between Chennai-Bengaluru and Mysuru. **BMB**

Bandh call: CM to discuss power tariff issue with industry bodies

In the wake of outrage by certain industrial bodies over hike in electricity tariff rate, Karnataka Chief Minister Siddaramaiah on Sunday said he would call a meeting with the industrialists for discussions regarding the concerns.

The Chief Minister said the uproar was uncalled for as the electricity bills will come down from next month onwards.

As the Hubballi-based Karnatak Chamber of Commerce and Industry (KCCI) gave a call for bandh on June 22, the Chief Minister said the office-bearers of industrial bodies were invited to clear the doubts.

"To convince them, facts and figures have been given. I hope that they are convinced. Our officials also called them and

spoke to them," Siddaramaiah told reporters here.

According to him, the power bills looked exorbitant to some because people had received the charges for two months.

"Tariff will not come down. It is appearing heavy because two months' bill was given. Next month onwards, the bills will be given for each month. Subsequently, the billing amount will come down.

Giving a call for the bandh, the KCCI said in a statement to its members that the price hike in the electricity charges was abnormal.

"We request all the trade and industry to close their establishments on June 22. This is in protest of abnormal price hike in the electricity charges by Electricity Supply Companies (ESCOMs)," KCCI said.

It said that for the past eight days it made attempts to convey the seriousness of the impact of the hike in electricity charges. "However, no solution is forthcoming from the officials or government representatives," it said.

Sandeep Bidasaria, acting president of KCCI, clarified that they were not going against the government but were lodging their protest with a hope that their voice is heard. He requested the government to listen to them and find a remedy.

The Federation of Karnataka Chambers of Commerce and Industry (FKCCI), a large business body of the state, has not responded to the KCCI's bandh call. Days after announcing the launch of 'Gruha Jyoti' scheme, one of the poll guarantees of the Congress government offering free domestic electricity up to 200 units, the power tariff was increased by Rs 2.89 per unit.

The Karnataka Electricity Regulatory Commission (KERC) said the hike was due to fuel and power purchase cost adjustment (FPPCA) and arrears from April. **PTI**

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I Roshan Kanwar Kavedia W/O, Rameshchandra Kavedia R/o N0-181/10,15th Main,2nd A Cross,bsk 1st Stage,bengaluru-560050 have changed my name to Roshan Kanwar

I Mahender Kumar Muralidhar S/O, Muralidhar R/o N0-28,arun Kunj,subbannaachari Lane, Cottonpet, Bengaluru-560053 have changed my name to Mahendra Kumar Muralidhar for all purposes.

I, Vipin Raina R/o Flat No. A603 , Tower 1, Adarsh Palm Retreat, Devrabishanhalli, Bengaluru,570103 have changed my minor daughter's name from Vatsala Vipin Raina to Vatsala Raina for all purposes.

I Thayamma Akkannappa W/O, Gopal Gowda R/o No E1/2, Singanayakanahalli, Yelahanka, Bengaluru-560064 have changed my name to Thayamma for all purposes.

I, Lachigari Kumar S/o Venkata Ramana Latchigari R/o 284/3, 17th D Cross, 37th Main, Rose Garden, Jp Nagar, 6th Phase Bengaluru-560078, have changed my name to Kranthi Kumar.

I Mohan Babu Krishnappa S/O, H L Krishnappa R/o Honnenahalli, Rajanukunte Post, Bengaluru-560064 have changed my name to H K Mohan Babu for all purposes.

I Reffath Albert S/O, G Michael R/o No 99 Vino Nilayam Ramaswamy Palyam Near Raju Clinic Blr-5600033 have changed my name to M Reffath Albert for all purposes.

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Karnataka big-time EV-user, must figure out recycling too

CONTINUED FROM PAGE 1

streamline extended producer responsibility to ensure proper recycling and disposal of batteries.

Dr Anjali Singh, research scientist working in the Research Quality and Coordination sector at Center for Study of Science, Technology and Policy (CSTEP) told BM, "As per Niti Ayog report, approximately 50–60 GWh EV battery waste will be available for recycling by 2030. In general, EV batteries have a lifespan of 15–20 years. They need to be recycled after that (same as ICE engines).

EVs will account for close to 59 GWh of the recycling volume of batteries for the 2022–2030 period, with a total volume of 3,55,400 tonnes from chemicals such as lithium iron phosphate (LFP), lithium manganese oxide (LMO), nickel cobalt aluminium (NCA), nickel manganese cobalt (NMC), and lithium titanium oxide (LTO). A total of 65–70 recycling units will be required, with a capacity of 5,000 tonnes each.

Almost all the parts of lithium-ion batteries can be recycled and reused. However, at the moment, only metals are being recovered from recycling. For batteries used in EVs, recent studies estimate the cradle-to-gate energy to be 75 MJ/kg battery and the GHG emissions to be 5.1 kgCO2e/kg battery. "

Experts feel that approximately 60 GWh lithium-ion battery cells in India can be manufactured with recycled materials from retired batteries by 2030. "This will also complement the Government of India's Atma Nirbhar Bharat mission by creating new business opportunities for manufacturers and reducing the dependency on imports. Up to around 90% of CO2 emissions can be avoided by using recycled

materials," added Singh.

Experts also feel that proper implementation of the Battery Waste Management Rules, 2022, will mandate extended producer responsibility (EPR). It will force producers to take responsibility for the handling and treatment (collection, storage, transport, recycling, and disposal) of used batteries, promoting a circular economy and ensuring self-sufficiency in the future.

"Stringent regulatory frameworks are needed for the safe transportation of batteries and for upscaling the capacities of battery manufacturers. Technology assessment can play a crucial role in identifying key technologies for the sustainable recycling of EV batteries. CSTEP has developed a technology assessment framework that can be utilised for technology assessment," added Dr Singh.

WRI India that conducted a private study has also come up with some battery refuse expectations.

"Karnataka government also needs to include EV battery re-use and recycling in their policy initiatives and need to develop a state-level plan for the implementation of Battery Waste Management Rule (BWMR)-2022, which is urgently required for the effective management of the lithium batteries from e-waste as well as the upcoming retired lithium-ion battery from EVs," said Dr Parveen Kumar, Senior Program Manager, Electric Mobility, WRI India.

According to Kumar, Karnataka being among the top five states leading EV adoption in India and also among the top states having focussed on the EV battery manufacturing, it has to figure out ways to use recycled battery raw materials in the emerging battery manufacturing industry.

According to WRI India's estimates, in India, the expected recycling volume by 2030 is 125 GWh. "Using recycled raw materials for battery manufacturing has the potential to reduce overall emissions between 4.8 to 51.8% compared to virgin material, depending upon the grid mix and technology used for recycling.

Globally, lithium battery recycling has the potential to fulfil approximately 25% of global lithium demand, 35% of cobalt and nickel, and 55% of copper by 2040.

"The government of India has notified BWMR 2022, where provisions such as EPR (Extended Producer Responsibility) are included for the development of robust battery recycling in India. Some of the state governments (such as UP, MP, Assam, Punjab and others) have also taken steps for the development of a recycling ecosystem in their EV policy," said Kumar.

HEALTH TIP: Maintain a log of your blood pressure readings to identify patterns or changes over time; share this with your healthcare provider

Quitting smoking and avoiding second-hand smoke can reduce your risk of heart disease and lower your blood pressure

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JUST A TASTE

Can we train our taste buds for health? A neuroscientist explains...

Have you ever wondered why only hummingbirds sip nectar from feeders?

Unlike sparrows, finches and most other birds, hummingbirds can taste sweetness because they carry the genetic instructions necessary to detect sugar molecules.

Like hummingbirds, we humans can sense sugar because our DNA contains gene sequences coding for the molecular detectors that allow us to detect sweetness. But it is more complex than that. Our ability to sense sweetness, as well as other tastes, involves a delicate dance between our genetic makeup and the foods we encounter from the womb to the dinner table. Neuroscientists like me are working to decipher how this intricate interplay between genes and diet shapes taste.

In my laboratory at the University of Michigan, we are diving deeply into one specific aspect, which is how consuming too much sugar dulls the sense of sweetness. Taste is so central to our eating habits that understanding how genes and the environment shape it has crucial implications for nutrition, food science and disease prevention.

The role of genes in sensing taste

As with hummingbirds, the human ability to discern what food tastes like depends on the presence of taste receptors. These molecular detectors are found on the sensory cells, which are housed inside the taste buds, the sensory organs on the surface of the tongue. The interactions between taste receptors and food molecules give rise to the five basic taste qualities: sweetness, savoriness, bitterness, saltiness and sourness, which are transmitted from the mouth to the brain via specific nerves.

Taste qualities signaling the presence of essential nutrients and energy, like salt and sugar, send information to brain areas linked to pleasure. Conversely, tastes that alert us to potentially harmful substances, such as the bitterness of certain toxins, are connected to those that make us feel discomfort or pain.

While the presence of genes encoding for functional taste receptors in our DNA allows us to detect food molecules, how we respond to these also depends on the unique combination of taste genes we carry. Like ice cream, genes, including those for taste receptors, come in flavours. These genetic variants affect how people perceive the bitterness of vegetables, berries and wine.

Many more variants exist in our gene repertoire, including those for the sweet taste receptor.

However, whether and how these genetic differences affect our taste and eating habits is still being worked out. What is certain is that while genetics lays the groundwork for taste sensations and preferences, experiences with food can profoundly reshape them.

> **Many of our innate sensations and preferences are molded by our early experiences with food, sometimes before we're even born**

How diet influences taste

Many of our innate sensations and preferences are molded by our early experiences with food, sometimes before we're even born. Infant formula can also influence food preferences later on. For example, research shows that infants fed with formulas that are not based on cow's milk – which are more bitter and sour because of their amino acid content – are more accepting of bitter, sour and savory foods such as vegetables after weaning than those who consume cow milk-based formula.

The effect of food on our taste predispositions doesn't stop in early life: What we eat as adults, especially our sugar and salt intake, can also shape how we perceive and potentially choose food. Cutting down on sodium in our diet decreases our preferred level of saltiness, whereas consuming more makes us like saltier foods.

Something similar occurs with sugar: Reduce sugar in your diet and you may find food sweeter.

Conversely, as research in rats and flies suggests, high sugar levels may dull your sensation of sweetness.

Although we researchers are still working out the exact how and why, studies show that high sugar and fat intake in animal models dampens the responsiveness of taste cells and nerves to sugars, modifies the number of taste cells available and even flips genetic switches in the taste cells' DNA.

In my lab, we've shown that these taste alterations in rats return to normal within weeks when the extra sugar is removed from the diet.

Illness can also influence taste. Genetics and food aren't the only factors that affect taste.

Researchers have found that about 40 per cent of people infected with SARS-CoV-2 experience impairment in taste and smell.

Training taste buds for healthier eating

By shaping our eating habits, the intricate dance between genes, diet, disease and taste can affect the risk for chronic diseases.

Beyond distinguishing food from toxins, the brain uses taste signals as a proxy to estimate the filling power of foods. In nature, the stronger a food tastes – in terms of sweetness or saltiness – is directly connected to its nutrient levels and calorie content.

For example, a mango contains five times the amount of sugar than a cup of strawberries, and this is why it tastes sweeter and is more filling.Thus, taste is important not just for food enjoyment and choice, but also for regulating food intake. When taste is altered by diet or disease, sensory and nutrient information could become "decoupled" and no longer provide accurate information to our brains about portion size. Research shows this may also occur with consumption of artificial sweeteners.

And indeed, in recent studies in invertebrate animal models, our lab discovered that the changes in taste caused by high dietary sugar intake drove higher eating by impairing these food predictions. Notably, many of the eating patterns and brain changes we observed in flies have also been discovered in people who ate foods high in sugar or fat or who had high body-mass index.

This raises the question of whether these effects also arise from taste and sensory alterations in our brains. But there is a silver lining to the adaptable nature of taste. Since diet shapes our senses, we can actually train our taste buds – and our brains – to respond and prefer foods with lower quantities of sugar and salt.

Interestingly, many people already say that they find foods overly sweet, which may not be surprising since between 60 per cent to 70 per cent of grocery store foods contain added sugar.

Reformulating foods tailored to our genes and the plasticity of our taste buds could be a practical and powerful tool to enhance nutrition, promote health and decrease burden of chronic disease.

- By Monica Dus (The Conversation)

All problems solved

Dear Coleen

Last week, I found out that my husband has been having an affair.
What's so annoying is I'd noticed his behaviour had changed - protective over his phone, "popping out" a lot more than usual, being extra nice to me and so on. I did ask him if anything was going on a few weeks ago, but he just laughed it off and told me I was imagining things. Well, clearly I wasn't.
I know this other woman and she's got form for this kind of thing.
It's all such an embarrassing cliche. My husband and I are both in our 40s and this woman is younger than him.
We don't have kids together, thankfully, but he has two children from his previous marriage.
What makes it complicated is that we work together. He's become really defensive since I found out - not remorseful at all - and seems to blame me for the fact he had an affair!
I'd love your advice on how to get through this.

COLEEN SAYS

Your gut instinct told you something was going on and you were talked out of it, so you're angry with yourself as well as with him.

First of all, this isn't embarrassing for you at all, it's embarrassing for him, so hold your head high and go into work like you're fine (you might have to conjure up some acting skills). It'll confuse the hell out of him.

When something like this happens, your pride and ego take a kicking, but none of this is on you.

Right now, it's still raw, so you need to take time to process what's happened and all those feelings of anger, hurt and betrayal.

I'd ask him to leave, so you have time on your own to cry and smash some plates. Once the anger subsides you'll be able to think a lot more clearly and decide on a way forward. You don't have to make decisions straightaway.

—Coleen Nolan, Daily Mirror

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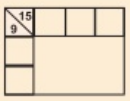
SOLVE IT IN A MINUTE

The average age of 24 players and their coach is 24 years. The average age of the players without the coach is 23 years. How old is the coach?

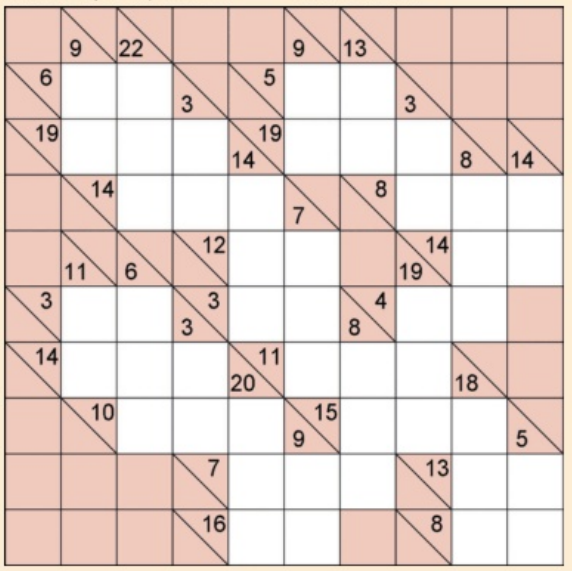
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

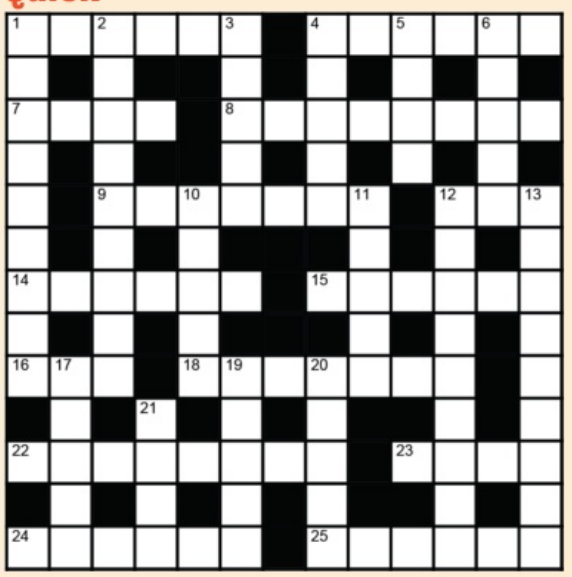


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Dashboard (6)
4 Dairy product (6)
7 Elliptical (4)
8 Tidiness (8)
9 Movie theatre in Gandhi Nagar (7)
12 Refuse-container (3)
14 Non-transparent (6)
15 Confuse or bewilder (6)
16 Passing vogue or fashion (3)
18 Longed for (7)
22 Get or inherit? (4,4)
23 Famous fashion magazine (4)
24 The heavenly twins (6)
25 Wives-to-be (6)

DOWN

1 Sure-fire; infallible (9)
2 Right nautically (9)
3 Per ___: yearly (5)
4 Slight split (5)
5 Long time periods (4)
6 Japanese dish (5)
10 Excessive interest (5)
11 Now and ___: occasionally or frequently? (5)
12 Confused or bewildered (9)
13 Impoverished conditions (9)
17 Dwelling (5)
19 Boredom (5)
20 Equilateral parallelogram (5)
21 Himalayan myth (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS U

LM FWS ZKE AWCYLELWCT TEWH FWS MDWV JWDILCP, ERKF'ZZ XZJXFT TEWH FWS.

Linemaro

Do you have a map? I'm getting lost in your eyes.

Mindchow

A woman's mind is cleaner than a man's: She changes it more often.

Joke of the day

Q: What did the water say to the boat?
A: Nothing, it just waved.

Loop

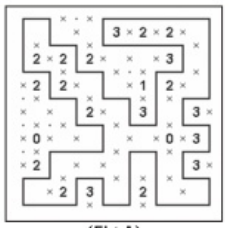
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

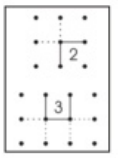
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

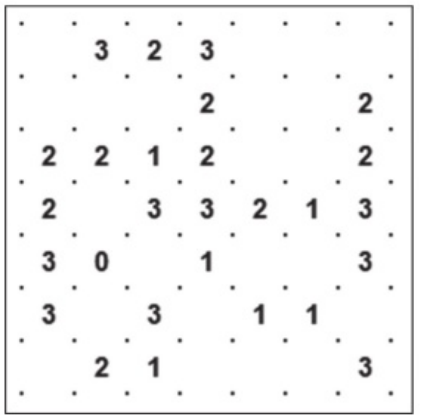
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



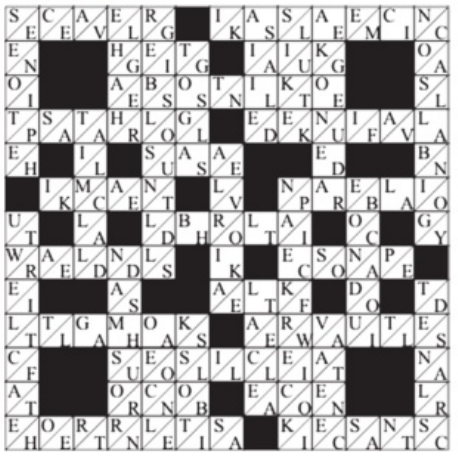
(Fig A)



(Fig B) Not Allowed



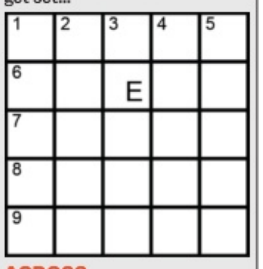
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

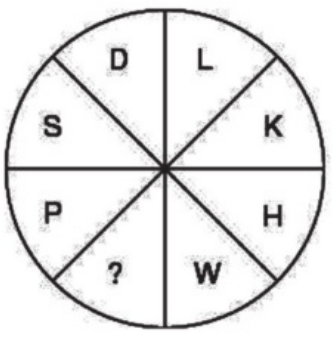
1 A prop; 6 Enter; 7 Spurt; 8 In die; 9 On Cut

DOWN

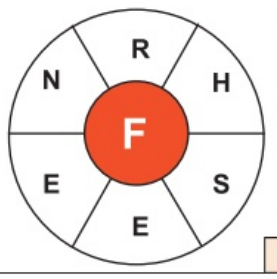
1 Tacit; 2 Nor up; 3 Duper; 4 Ripen; 5 Notes

Mensapuzzle

What letter should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **06** Outstanding

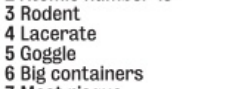
SudokuChallenge

		6	7		8			
9		8			1		5	
3	1			9				
5					3	7		1
		4				3		
2		1	5					9
				2			4	8
	4		1			2		7
			4		7	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 22
1 7 7 8

Medium = 9
1 4 6 7

Hard = 40
1 8 9 6

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Tree is moved. 2. Golf bag strap is missing. 3. Hat is tilted. 4. Golf club is missing from bag. 5. Hair is different. 6. Golf glove is missing.

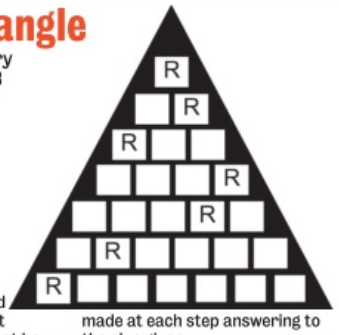
Riddler

Below are 3 pairs of words. Find the words that fit in the middle of each pair of words to create two new words, one front-ended and one back-ended. Example: EVER-_____-HORN Answer: EVER-GREEN-HORN

SHIP-_____-AGE
MOUTH-_____-BOARD-
SOFT-_____-HOUSE

Alpha triangle

1 Radius in geometry
2 Atomic number 18
3 Rodent
4 Lacerate
5 Goggle
6 Big containers
7 Most risque



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

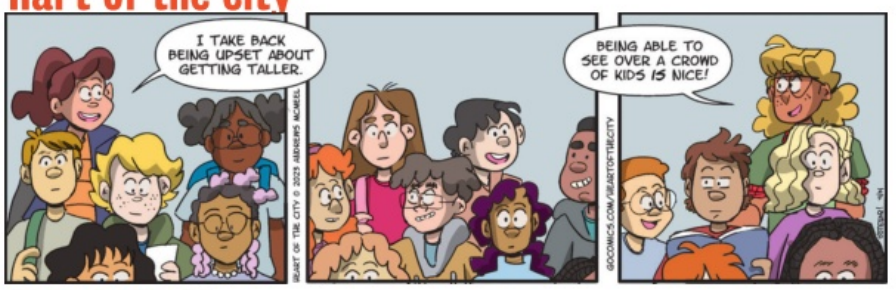
Redeye by Mel Casson

I WANT YOU TO SEE THE NEW TEPEE WE'RE THINKING OF BUYING, MOM
3-31
CRASH! BANG! THUD!
I DIDN'T KNOW THEY EVEN MADE SPLIT-LEVEL TEPEES!

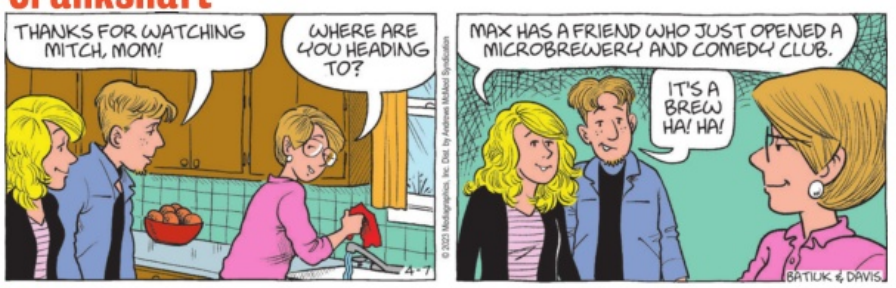
Bizarrotrip

Diamond Lil

Hart of the city



Crankshaft


THANKS FOR WATCHING MITCH, MOM!
WHERE ARE YOU HEADING TO?
MAX HAS A FRIEND WHO JUST OPENED A MICROBREWERY AND COMEDY CLUB.
IT'S A BREW HA! HA!
BATIUK & DAVIS

Mutts

I'M TIRED OF BEING A CAT.
SO WHAT DO YOU WANT TO BE?
NOTHING! I DON'T WANNA DO NUTHIN'. I DON'T WANNA THINK NUTHIN'. I DON'T WANNA BE NUTHIN'!
LIKE A CAT.
EXACTLY!
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon. You may perform well at work and can expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with seniors will be strong, and old health issues will be cured now.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. Things may be under control, and you will enjoy work. Your focus may be good, which will reflect in your way of working. Your wisdom will help you make difficult decisions in terms of your profession, and your past investments may likely bring you profits.

Gemini May 21 – Jun 21
Today, you may have a dull feeling. You may be dissatisfied and not enjoy your day. You may be a victim of arrogance, which may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Cancer Jun 22 – July 23
Today, you may feel energetic and perform efficiently at work. Your hard work may pay off now, boosting your confidence. Property-related disputes with siblings are likely to be resolved now. Your meeting with an influential person may boost your network, and disputes with your partner may also be resolved.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, which makes you happy. You are polite with the people around you and may make some difficult decisions in business with the help of your family members. You are likely to get a big order with your communication skills, which may increase your business.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon. You may have good internal strength and enjoy work. You may enjoy romantic moments with your spouse, improving domestic harmony. You are likely to make new plans to start a new project, and your perfection may help you successfully implement the plans. Job seekers may find a good job.

Libra Sep 24 – Oct 22
Today, you may be disappointed. You are advised to control your arrogance; otherwise, you may face losses due to your harsh speaking while talking with people around you. Love birds should be careful in making discussions on worthless topics; otherwise, the relationship may get affected.

Scorpio Oct 23 – Nov 22
Today, there may be peace in the mind. You may plan to invest some capital in the business, increasing liquidity. Your earnings may boost your bank balance, and you may enjoy romantic moments with your spouse, enhancing harmony in family life. Singles may likely find a good match, and love birds may decide to get married.

Sagittarius Nov 23 – Dec 22
Today, you may be very happy as your losses may convert into profits. Your boss may be happy and appreciate your work. You may likely have some changes in your place and position at work in terms of promotions. You are likely to gain control over opponents and hidden enemies. Love birds may make important decisions regarding marriage with the help of relatives or friends.

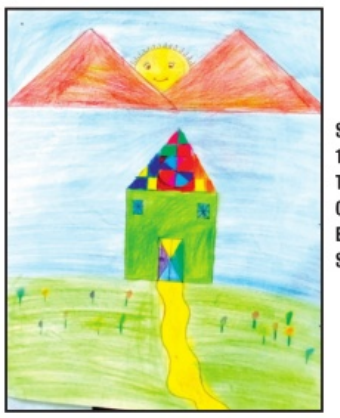
Capricorn Dec 23 – Jan 20
Today, the moon is positive, and your health may be good. You may likely visit a spiritual place with family or friends and plan to donate some amount to a spiritual place or charity. Property-related deals may likely be done, and you may plan for an overseas work-related travel. You may also plan for higher education.

Aquarius Jan 21 – Feb 19
Today, your moon is negative. You may be a victim of conspiracies. You are advised to avoid getting involved in controversies, and your strong willpower and blessings from elders may protect you from this messy situation. Avoid making arguments in domestic life and rush driving or any adventure tour.

Pisces Feb 20 – Mar 20
Today, you may be busy at work and enthusiastic. This may speed up your project, and you may be able to make quick decisions that will increase your business. You may likely start a new innovation in partnership, but investment in fixed assets in the partnership is not advised.

KIDZONE

Sanjanaa V, 14 years, KV DRDO School



Shravya KG, 10 years, The New Cambridge English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Sum/24=23
Sum=23(24)
(Sum÷c)/25=24
23(24)÷c=24(25)
c=24(25-23)
c=24(2)
c=48
The coach is 48 years old

RIDDLER
SHIP - WRECK - AGE, MOUTH - WASH - BOARD, SOFT - WARE - HOUSE

BULL'S EYE
fern, free, fresh, FRESHEN, reef, serf

STRIKE OUT

S	E	V	E	R	I	S	L	A	M	I	C			
N		E	B	O	N	I	T	E		L				
	G	E	T		A	U	G			A				
P	A	T	R	O	L		D	E	N	I	A	L		
I		E		D		D		B		E		I		
H	O	R	N	E	T	S		K	E	A	T	S		
T		O	N	O		E	C	E		R				
F		S	O	L	I	C	I	T		A				
L	A	M	A	S		A	W	A	I	T	S			
E		A		E	L	K		D		T				
W	E	L	D	S		K		C	O	N	E			
T		A		D	H	O	T	I		O		Y		
I		C	A	N		V		P	A	B	L	O		
E		I		U	A	E		D		B				
P	A	T	R	O	L		D	E	N	I	A	L		
I		E	B	O	N	I	T	E		L				
N		G	E	T		A	U	G		A				
S	E	V	E	R	I	S	L	A	M	I	C			

FAST FIVE

C	O	U	N	T
I	N	D	I	E
T	U	R	P	S
T	R	E	E	N
A	P	P	R	O

QUICK

G	E	M	I	N	I		B	R	I	D	E	S		
	D		T		U		M			E		S		
C	O	M	E	I	N	T	O		E	L	L	E		
	B		Y		N		H			D		N		
F	A	D		Y	E	A	R	N	E	D		I		
O		R		R		I			U		D			
O	P	A	Q	U	E		B	A	F	F	L	E		
R		O		S		G			E			E		
P	B	H	U	M	I	K	A		B	I	N			
L		R		U		C		S		H				
O	V	A	L		N	E	A	T	N	E	S	S		
O		T		N		R		O		U				
F	A	S	C	I	A		C	H	E	S	E	S		

MENSA PUZZLE
O: opposite letters are the same number of letters from the beginning and end of the alphabet respectively

QUOTE UNCODE
If you let conditions stop you from working, they'll always stop you.

SUDOKU

1	9	2	4	8	7	5	3	6
8	4	3	1	6	5	2	9	7
6	5	7	3	2	9	1	4	8
2	3	1	5	7	6	4	8	9
7	8	4	9	1	2	3	6	5
5	6	9	8	4	3	7	2	1
3	1	5	6	9	4	8	7	2
9	7	8	2	3	1	6	5	4
4	2	6	7	5	8	9	1	3

ALPHA TRIANGLE
R, Ar, Rat, Tear, Stare, Crates, Racitest.

LOOP

GO FIGURE
Easy
7 + 8 + 7 x 1 = 22
Medium
7 + 6 x 1 - 4 = 9
Hard
8 x 6 + 1 - 9 = 40

KAKURO

Volume No 15, Issue No 255 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Too much action

The movie starts off with a few goons chasing a nurse who knows something about a murder. The goons ask the nurse to handover the proof, but when she refuses they kill her. The director takes us to a flashback that introduces us to Ratnakar (Krishna Hebbale), who wins an election and Mithun Chakravarthy (Jayaram Karthik), a businessman, who donates Rs 3 crore to an orphanage managed by Ratnakar.

Ratnakar visits a temple with his wife and gets admitted to a hospital owned by Dr Sathya Murthy (Avinash) during the Covid pandemic. Ratnakar dies under mysterious circumstances. Mithun volunteers to maintain the orphanage and also rescues an orphan girl from the beggar mafia and admits her to the orphanage.

Vikram (Vivek) enters the scene and is starts eliminating bad elements. He meets his college mate Harika (Adhvithi Shetty), who is personal secretary to Mithun. At this juncture, an LPG cylinder blast kills the inmates of the orphanage. Who is Vikram and who is responsible for the children's deaths and how is MLA Ratnakar killed -- all these mysteries are solved in IRavan.

Jayaram also known as JK has played a unique role. He deserves a pat on his back for taking up a role with negative shades. He is very good in action scenes but has to improve his skills in delivering dialogues. Vivek debuts in Sandalwood with this movie. He looks promising. Adhvithi is good-looking and has good screen presence in song sequences.

Krishna Hebbale, Vandana, Avinash, and Kantaraj Kaddipudi provide good support.

The songs, Chitteya Haage Ninhinde and Ninna Onde Notakke, are good. Music composed by Pradeep Varma is melodious and cinematographer Devendra has done a good job. The director could have avoided one or two action scenes - especially the scene where Jayaram faces the beggar mafia, to keep the film more gripping.

The film may open your eyes to the world of so-called philanthropists.

—Y Maheswara Reddy

IRAVAN

3.0 RATING ★★★☆☆

- **DIRECTOR** Rams Ranga
- **ACTORS** Jayaram Karthik, Vivek, Adhvithi Shetty, Avinash, Krishna Hebbale,Vandana, Kantaraj
- **Duration** 127 minutes
- **Certification** U/A

Nothing to hide

While most Bollywood celebs want to keep their relationships a secret affair because of the public scrutiny, actor Rakul Preet Singh and producer Jackky Bhagnani decided to go against the trend. Now, Rakul has revealed why the couple didn't want to hide their relationship. In a new interview, the actor made it clear that she prefers to live her life freely and has no intention to hide the fact that she is enjoying the most beautiful chapter in her life.

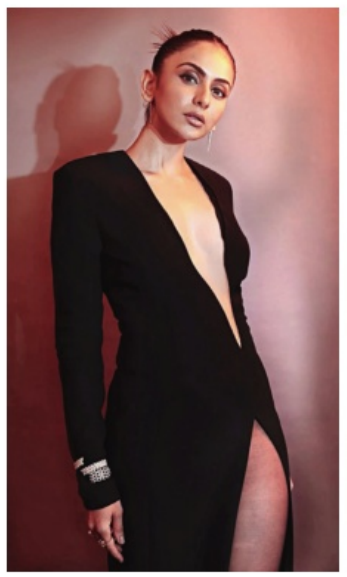
For the unversed, back in 2021, the couple surprised all when Jackky wished Rakul on her birthday through an adorable post and called her his "world". In the picture, the couple was seen holding hands and it was enough to make their relationship 'Instagram official'.

The social media announcement also put an end to the speculation surrounding their love life. So, the speculations are all about Rakul and Jackky's wedding.

Speaking about the constant rumours she jokingly said that people have already gotten her married twice till now. First, it was in December last year and then again in February earlier this year.

The actor adds that she just laughs it off but she is often surprised to see the conviction in these reports. During the recent interview, Rakul revealed that both of them share the same 'belief system'. She said that they don't believe in hiding a relationship. The actor thinks as adults it's the most natural progression of any human being.

—ETimes



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DIGITAL INSTRUMENT CLUSTER
ENGINE IMMOBILIZER
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MARUTI SUZUKI AUTHORISED DEALERS: BENGALURU: **VARUN MOTORS:** MALLESHWARAM, HEBBAL, Infantry Road, Rajanakunte PH: 78991 00200. **BIMAL:** ITPL ROAD, YELAHANKA, BANASHANKARI, VARTHUR, DOMLUR, HOSKOTE, CHIKKABALLAPUR, DEVANAHALLI, BAGEPALLI, SIDLAGHATTA, VIJAYPURA, H CROSS, BUDIGERE, GUDIBANDA, HESARGHATTA, VIJAYAPURA, PERASANDRA PH: 080-30693069. **KALYANI:** MYSORE ROAD, BANNERGHATTA ROAD, NAGARBHAVI, BANASWADI, LALBAGH, RAMANAGARAM, CHANNAPATNA, KANAKPURA, BANNERGATTA, BIDADI, DABASPETE: 95909 90011. **KATARIA:** KANAKAPURA ROAD, PH: 78990 40000. **MANDOVI:** BASAVANAGUDI, ST JOHNS ROAD, BASAVESHWARA NAGAR, YELAHANKA, MALUR, KOLAR, GOURIBIDNUR, PH: 97400 30077. **PRATHAM:** HSR LAYOUT, BELLANDHUR, ANEKAL, MAGADI, CHINTAMANI, MULBAGAL, DODDABALLAPUR, SARJAPUR VILLAGE, PH: PH: 9591991199. **RNS MOTORS:** YESHWANTHPUR, BOMMANAHALLI, NELAMANGALA, PH: 9538965804. **SURAKSHAA CAR CARE:** ELECTRONICS CITY, KORAMANGALA, BANGARPET, ATTIBELLE, SRINIVASAPURA, HAROHALLI PH: 8884442299. TUMKUR: **SAKETH:** TUMKUR, CHITRADURGA, TIPTUR, KUNIGAL, GUBBI, HOSADURGA, CHALLAKERE, PH: 9980211099. MYSORE: **MANDOVI:** MYSORE, MANDYA, MADDUR, KR PET, CHAMRAJNAGAR, GONIKOPPAL, KUSHAL NAGAR, SOMWARPET, NAGAMANGALA, T NARSIPURA PH: 91087 31263. **KALYANI MOTORS:** MYSORE, MADIKERI, GUNDALPET, PERIYAPATNA, NANJANGUD, H D KOTE, HUNSUR, K R NAGAR PH: 959096001. HASSAN: **VENKAT MOTORS:** HASSAN, SAKALESHPUR, ARSIKERE, BELUR, CHANNARAYAPATNA, PH: 9008501445.

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